

MAY 2016

The Spencer Senior Center and Community Center

is open Monday through Thursday

9:00 AM through 3:00 PM

Our phone number is 508-885-7546

If you need help, please call to make an appointment and I will get back to you as soon as possible.

Currently looking for volunteers for the lunch program. Lunches are available Tuesdays and Thursdays at noon.

48 hour reservation for lunch



Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

Our community has more senior citizens residing here than children under 18. With the “Baby Boomers” the numbers are increasing daily.

This month we will offer a series of informative presentations for all members of the community. We encourage you to take advantage of information available.

HAPPY OLDER AMERICANS MONTH!!

May Meals at the Center

5/3/16 Pasta Bar with dessert. Your choice of toppings

5/5/16 Stuffed Chicken, Potatoes, Chocolate Mousse

5/10/16 Hot dog, Beans, Potato Salad, Fruit

5/12/16 TBA

5/17/16 Shepherd's Pie, Peas/Carrots, Mandarin Oranges

5/19/16 BBQ Chicken Potato, Fresh melon,

5/26/16 Baked Potato Bar with all the trimmings

5/31/16 Pot Roast Stew, Potatoes, Succotash, Fruit Crunch Bar

Served at 12:00 PM

You must call and sign up 48 hours before the meal.

508-885-7546. Sign up sheet is in the back of the room

We reserve the right to make substitutions

The mission of the Spencer Council on Aging is to seek to enrich the lives of the community's senior population by providing educational programs recreational activities, referral and social service assistance and to advocate for the seniors while educating the community of the needs of it's elders.

ELDERBUS

**IN TOWN TRANSPORTATION DAILY
MEDICAL APPOINTMENTS IN WORCESTER ON
MONDAY, WEDNESDAY FRIDAY.**

48BUSINESS HOUR

NOTICE

1-800-321-0243



I CAN HELP WITH APPLICATIONS FOR MEDICARE, SOCIAL SECURITY, HOUSING, FOOD STAMPS, FREE PHONE IF ELIGIBLE AND OTHER APPLICATIONS. FUEL ASSISTANCE IS NOT HANDLED HERE. ALSO, IF YOU NEED HELP WITH INSURANCE, WE OFFER THE HELP OF A SHINE COUNCILOR. PLEASE CALL THE CENTER AT 508-885-7546

Members of the Council on Aging

<i>Pamela Woodbury-Director</i>	<i>Joan Houston- Member</i>
<i>James Letendre-Chair</i>	<i>Janet Goff-Member</i>
<i>Christine Alessandro-Vice Chair</i>	<i>Christine Mancini-Member</i>
<i>Diane Johnson- Treasurer</i>	<i>Susan Arsenault- Member</i>
<i>Pat Corson-Member</i>	<i>Sheila Pheonix- Member</i>

MONDAY, MAY 2, 2016 1:00 PM

Presented by: Golden Living Center– The Hermitage



TUESDAY, MAY 17, 2016 AT 5:00 PM

GETTING READY FOR MEDICARE

Free Pasta Dinner at 5 PM

Join BC/BS

Peta Shephard

For information

Turning 65?
Need Medicare?

Limited Seating

Call For
Reservations by

5/12/16

508-885-7546

Monday, May 9, 2016 at 1:00 PM

De– Stress Your Life

Presented by Sharon Nolli

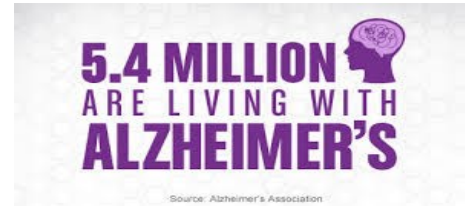
Fallon Health Care

Summit Elder Care



MAY 23, 2016 AT 1:00 PM

Alzheimer's: Know the 10 Signs



Need Help with the Cost of your Prescription Medications??

Prescription Advantage can Help!!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit*!

Who can join?

If you are a **Massachusetts resident**, eligible for **Medicare**, and are:

65 years or older with an annual income at or less than
\$59,400 for a single person or \$80,100 for a married
couple

OR

Under 65 years and disabled, with an annual income at or
less than \$22,335 for a single person or \$30,118 for a
married couple.

You may also join... if you are 65 years or older and **not eligible for Medicare**. There is *no income limit*.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask

for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

You may also apply on line by going to
www.prescriptionadvantagemma.org.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE voice mail, leave your name and number. A volunteer will call you back. You can also visit us on the internet at shinema.org

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s MEDICARE AND MORE”, we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them call and ask about it.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. **We also have a link to our very informative cable TV program M**

THAT WAS THE YEAR.....1970

PRESIDENT & VICE PRESIDENT: Richard M. Nixon and Spiro Agnew

HEADLINES: Nixon Announces U.S. Invasion of Cambodia

Anti-war Demonstrations Erupt on College Campuses

Four Students Killed by National Guard at Kent State University in Ohio

Conscientious Objector Status Approved

Apollo 13 Orbits Moon After Liquid Oxygen Tank Explodes-Returns Home Safely

NY State Passes Abortion Law - "A Matter Between Woman and Doctor"

Crisis in Quebec Involves Terrorists, Kidnapping, Ransom, Murder



COST OF FOOD:	Bacon: 95¢ lb.	Sugar: 39¢ 5 lb.	Milk: 66¢ half gallon
	Bread: 24¢ loaf	Eggs: 61¢ dozen	
	Coffee: 91¢ lb.	Margarine: 30¢ lb.	

COST OF LIVING	House: \$27,000	Minimum Wage: \$1.60
	Stamp: 6¢	Average Salary: \$6,186.24 per year
	Gas: 36¢ gallon	Average Life Expectancy: 70.8 for women 67.1 for men
	Car: \$3,900	

SPORTS:

- Baltimore Orioles with the World Series over the Cincinnati Reds 4-1
- Baltimore Colts win the Super Bowl, beating the Dallas Cowboys 16-13
- Boston Bruins win Stanley Cup with win over St. Louis Blues 4-1
- NBA New York Knicks over the LA Lakers 4-3
- Athlete of the decade is Arnold Palmer



WHAT'S NEW:

- First Jumbo jet Boeing 747 makes it's debut flying from New York to London
- Floppy Disk
- Home VCR
- Daisy Wheel printer



DEATHS:	Jimi Hendrix	Charles De Gaulle	Billie Burke
	Sam Sheppard	Vince Lombardi	John Scopes
	Sonny Liston	Gypsy Rose Lee	Frances Farmer
	Janis Joplin	E.M Forster	



MAY 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Clinic- Second Tuesday of the month	2 9:30 Cribbage \$1 Bakery 1:00 Glen Campbell Movie	3 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	4 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	5 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	6	7
8	9 9:30 Cribbage \$1 Bakery 1:00 Destress Your Life	10 9:30 Yoga 10:30 Exercise 11:30 Wellness Clinic 12:00 Lunch 1:00 Bingo	11 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	12 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	13	14
15	16 9:30 Cribbage \$1 Bakery	17 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo 5:00 Beginning Medicare	18 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	19 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	20	21
22	23 9:30 Cribbage \$1 Bakery 1:00 Know the 10 Signs of Alzheimer's	24 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	25 10:00 Computers 11:00 Tai Chi 12:30 Line Dancing 1:30 Beginners line Dancing	26 9:30 Yoga 10:30 Exercise 12:00 Lunch 1:00 Bingo	27	28
29 	30 Closed Memorial Day 	31 TBA				Birthday Cake Provided by Quaboag on the Common the second Tuesday

All programs at the senior center are fully funded by a Formula grant through the Executive Office of Elder Affairs